

SAY BOO TO THE FLU™

Flu season is upon us.....that dreaded time of year. Remember, the best defense against the flu is taking advantage of being immunized! As in the past, active duty Soldiers and healthcare workers directly dealing with patient care are the first to receive the vaccine. The next “targeted” audience is patients who fall in the “high risk” category. Children who are considered “high risk” are those who suffer with asthma. Adults who have asthma or chronic illnesses also fall into that category. MCAHC staff will call PEDS patients who have been identified as “high risk.” The Internal Medicine Clinic (IMC) will send letters to those patients who are categorized as “high risk” identifying dates for immunizations. Please watch the Post newspaper and the MCAHC web site for more information!

(<http://www.mcdonald.amedd.army.mil>)



ACCESS TO CARE STANDARDS

URGENT CARE -wait time not to exceed 24 hours

ROUTINE APPT -wait time not to exceed 7 days

SPECIALTY CARE -wait time not to exceed 28 days

McDonald Army Health Center Information Bulletin October 2010



**The Center of Excellence
for Primary Care and
Surgical Services in our
Community**

**For Appointments call
1-866-645-4584 or Visit Us Online:
www.mcdonald.narmc.amedd.army.mil**

Halloween Safety Rules

It is very important for children to be safe while having fun during Trick or Treat time. Here are some important Halloween Safety Rules for your children to follow so that they will have a happy and safe Halloween.

1. Children under the age of 12 should always go Trick or Treating with a grown-up. If you are over age 12, it is much safer to go with a group of friends with an adult supervisor, instead of by yourself.
2. Always put strips of reflective tape on your costume so that cars can see you.
3. Never go to a house or apartment that is dark.
4. Never go inside a stranger's house, apartment, or car.
5. Wear make-up instead of a mask so that you can see properly.
6. Do NOT zig-zag across the road. Instead, walk up one side of the road and visit the houses there, then cross the road safely at a crosswalk and go down the other side of the street.
7. If there are no sidewalks, walk facing the traffic.
8. Do not walk across lawns and yards or take "short-cuts", to avoid tripping in the dark. Use sidewalks and paths leading to homes.
9. Always be home at time agreed upon by parents.
10. Pin your name, address, and phone number inside your costume in case you get lost or scared.
11. Carry a glow stick or flashlight with a new battery so that you can see better in the dark.
12. Do not go into elevators or stairways in apartment buildings. Most apartment buildings set up "candy areas" in their hallway for "Trick or Treat". Only go to houses in the neighborhood that your parents have said that you can go to.
13. Never carry a treat bag that is too big for you or one that drags on the ground. Carry a small bag instead, then when it is full, dump it into a bigger bag carried by an older person.
14. Make sure that fake knives, swords, and guns are made from cardboard or other flexible materials to avoid accidental injury, or worse have them mistaken for the real thing!
15. Do not go near pets or animals that you do not know. They sometimes get scared of the costumes too!
16. If someone is bothering you, run to the nearest Parent or lit house & tell them what is happening.



Never ever eat any treats until your parents have checked them!

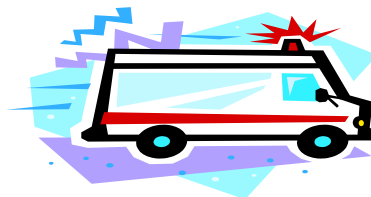
Enrollment Open in Pediatric Clinic

We have expanded the Pediatric Clinic, hired new providers, added 'Child Friendly' exam tables, and a waiting area for well babies to better serve you



EMERGENCY CARE

**Dial 911 or go to the closest
Emergency Room for conditions that
threaten life, limb or eyesight!**



Virtual Lifetime Electronic Record

The Virtual Lifetime Electronic Record (VLER) is an initiative designed to share Service members' and Veterans' electronic health information seamlessly between the Department of Defense (DOD), Department of Veterans Affairs (DVA), and private providers in the civilian sector from whom they receive care.

The initiative, VLER, was introduced by President Obama to ensure Service Members, Veterans, and their families have access to their complete medical information regardless of whether their care has been in a Military Treatment Facility, Veterans Hospital, or civilian sector.

MCAHC is partnering in the VLER "Pilot" initiative program with Naval Medical Center Portsmouth, Langley Air Force Base, the Veterans Administration, and several facilities in the MEDVA (Richmond area) to "test" the exchange of information through the electronic medical record. This is an exciting opportunity for MCAHC as we participate and partner in sharing medical information electronically between DoD, DVA, and civilian sector health care facilities.

For more information e-mail VLER

info@osd.pentagon.mil

or visit the Office of Personnel and Readiness

Information web site

at <https://www.mpm.osd.mil>

VISIT THE MCAHC WEB SITE:

<http://mcdonald.narmc.amedd.army.mil>

We welcome your suggestions to better serve you!

